



INTERMEDIATE SCHEDULE

FRIDAY

1:00 - 1:30 PM

CHECK IN - CIC WACHTER LOBBY

2:00 - 3:30 PM

ON-ICE GOALIE FUNDAMENTALS

4:00 - 5:15 PM

OFF-ICE FUNCTIONAL MOVEMENT

5:30 - 7:00 PM

DINNER BREAK (NOT PROVIDED)

7:00 - 7:30 PM

GOALIE SEMINAR

7:45 - 8:15 PM

ACTIVE RECOVERY

SATURDAY

8:30 - 9:30 AM

ON-ICE PRE-SAVE

9:45 - 10:45 AM

OFF-ICE VISION TRAINING

11:00 - 11:30 PM

GOALIE SEMINAR

11:30 - 12:00 PM

TEAM BUILDING

12:00 - 12:45 PM

LUNCH BREAK (NOT PROVIDED)

1:15 - 2:45 PM

ON-ICE POST SAVE RESPONSE

3:15 - 4:30 PM

OFF-ICE STRENGTH AND VISION

4:45 - 5:15 PM

GOALIE SEMINAR

5:30 - 6:00 PM

TEAM BUILDING

SUNDAY

8:00 - 9:00 AM

GROUP ACTIVITY

9:30 - 11:00 AM

ON-ICE TACTICAL PLAY

11:30 - 12:45 PM

OFF-ICE ACTIVE RECOVERY

1:00 PM

EXIT MEETING/AWARDS



ADVANCED SCHEDULE

FRIDAY

1:00 - 1:30 PM

CHECK IN - CIC WACHTER LOBBY

2:00 - 3:15 PM

OFF-ICE FUNCTIONAL MOVEMENT

3:45 - 5:15 PM

ON-ICE GOALIE FUNDAMENTALS

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GOALIE SEMINAR

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ON-ICE PRE-SAVE

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TEAM BUILDING

11:30 - 12:00 PM

GOALIE SEMINAR

12:00 - 12:45 PM

LUNCH BREAK (NOT PROVIDED)

1:15 - 2:30 PM

OFF-ICE STRENGTH & VISION

3:00 - 4:30 PM

ON-ICE POST SAVE RESPONSE

4:45 - 5:15 PM

TEAM BUILDING

5:30 - 6:00 PM

GOALIE SEMINAR

SUNDAY

8:00 - 9:00 AM

GROUP ACTIVITY

9:30 - 10:45 AM

PRE-SKATE MOBILITY

11:15 - 12:45 PM

ON-ICE TACTICAL PLAY

1:00 PM

EXIT MEETING/AWARDS